## You can participate if you...

? Are pregnant, breastfeeding, have recently had a baby, or are an infant or child under 5 years old and you:

? Live in Maryland

? Have a nutritional need

? Have an income (before taxes) equal to or less than those on the chart below:

### Families may earn up to:

| Family Size | Yearly | Every 2 weeks | Weekly |
|---|---|---|---|
| 1 | $19,240 | $740 | $370 |
| 2 | $25,900 | $997 | $499 |
| 3 | $32,560 | $1,253 | $627 |
| 4 | $39,220 | $1,509 | $755 |
| For each additional family member, add: | | | |
| | +$6,660 | +$257 | +$129 |

❖ Foster children, MA, TCA & food stamp clients are income eligible

MARYLAND

## Call the WIC office near you to set up an appointment.

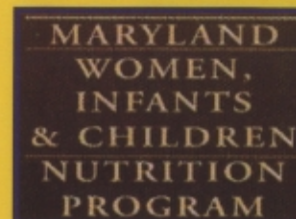| | |
|---|---|
| WIC Hotline: State | 1-800-242-4WIC (4942) |
| Allegany County | (301) 759-5020 |
| Anne Arundel County | (410) 222-6797 |
| Baltimore City: | |
| Baltimore City Health Dept. | (410) 396-9427 |
| Johns Hopkins University | (410) 223-1658 |
| University of Maryland: | |
| Edmondson Village | (410) 328-0352 |
| Baltimore County | (410) 887-6000 |
| Calvert County | 1-877-631-6182 |
| Caroline County | (410) 479-8060 |
| Carroll County | (410) 876-4898 |
| Cecil County | (410) 996-5255 |
| Charles County | (301) 609-6857 |
| Dorchester County | (410) 479-8060 |
| Frederick County | (301) 600-2507 |
| Garrett County | (301) 334-7710 |
| Grantsville residents | (301) 895-3311 |
| Harford County | (410) 273-5656 |
| Howard County | (410) 313-7510 |
| Kent County | (410) 810-0125 |
| Montgomery County | (301) 762-9426 |
| Prince George's County: | |
| PG County Health Dept. | (301) 856-9600 |
| Greater Baden | (301) 324-1873 |
| Queen Anne's County | (410) 758-0720 |
| Somerset County | (410) 749-2488 |
| St. Mary's County | 1-877-631-6182 |
| Talbot County | (410) 479-8060 |
| Washington County | (240) 313-3335 |
| Wicomico County | (410) 749-2488 |
| Worcester County | (410) 749-2488 |

## Better nutrition for a brighter future...



April 2008

MARYLAND WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM

WIC

## WIC grows healthier families...

WIC helps moms have healthier babies and helps babies and children to grow and develop.
WIC provides foods high in iron, protein, vitamin C, and other nutrients. These foods may help develop strong minds and bodies.

WIC participants may receive at no cost:
- milk
- eggs
- cheese
- peanut butter
- beans
- cereal
- juice
- infant formula

## WIC provides more than just good food...

### ✓ Nutrition education

Learn to create healthy, affordable meals using our tips and nutritious recipes. WIC helps you give your babies and children a healthy start.
Meet with the WIC staff to get personalized answers for all of your nutrition questions.

### ✓ Breastfeeding support

WIC encourages breastfeeding! Get information about breastfeeding and help get breastfeeding off to a good start. Get information about breast pumps. WIC may even be able to help you get a breast pump.

### ✓ Health screening

We will help track your child's growth with regular growth and weight checks. This will help you understand your child's health and development.

### ✓ Referrals

If needed, we can refer you to medical care, immunization programs, Medical Assistance, food stamps, and other community programs.

## Lots of people participate in WIC!

You can have a job or be unemployed. You can be married, single, or live with relatives.
Fathers, mothers, guardians, or grandparents can apply for children under age 5.
Look at the back page to see if you or your child may qualify.